



# ARIZONA WIC ALERT

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## ARIZONA WIC PROGRAMS' NEW FOOD LIST

The new Arizona WIC Programs' Food List, which is shared among the State of Arizona, Inter Tribal Council of Arizona, Inc., and Navajo Nation WIC Programs, will become effective October 1, 2005. The list is available in English and Spanish.

Below is a review of each food category to provide you with a greater understanding of what the WIC participants/authorized representatives are allowed and not allowed to purchase. This review will also identify significant changes made from the FFY 2003-2005 Food List.

### CEREAL

#### WIC APPROVED

11.8 OUNCE PACKAGE OR LARGER, UP TO A TOTAL OF 36 OUNCES

- General Mills Cheerios (Plain)
- General Mills Rice Chex
- General Mills Corn Chex
- General Mills Total
- General Mills Kix (Plain)
- Post Bran Flakes
- Quaker Life
- Kellogg's Corn Flakes
- Kellogg's Special K
- Malt-O-Meal Frosted Mini Spooners
- *Store Brand* Crispy Rice
- *Store Brand* Toasted Oats
- Cream of Wheat Instant
- Malt-O-Meal Original
- Quaker Instant Oatmeal Regular Flavor

**CONTINUED ON ATTACHED PAGES**

If you have any questions regarding this WIC Alert or need technical assistance, please contact any member of the Vendor Management Team at 1-866-737-3935.



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## **CEREAL continued**

### **DO NOT SELL**

- General Mills Multi Bran Chex
- General Mills Wheat Chex
- Quaker Toasted Oatmeal Squares
- Cream of Wheat 1 Minute
- Cream of Wheat 2 ½ Minute
- Cream of Wheat 10 Minute

## **JUICE**

### **WIC APPROVED**

#### 46 OUNCE CANS/PLASTIC BOTTLES

- Donald Duck Orange Juice
- Donald Duck Grapefruit Juice
- Donald Duck Pink Grapefruit Juice
- Seneca Apple Juice (red label)
- Dole Pineapple Juice
- Campbell's Tomato Juice
- Food Club Tomato Juice
- Libby's Juicy Juice Purple Grape Juice
- Libby's Juicy Juice White Grape Juice

#### 11.5-12 OUNCE FROZEN CONTAINERS

- Donald Duck Orange Juice
- Donald Duck Grapefruit Juice
- Dole Pineapple Juice
- Seneca Apple Juice (red label)
- Old Orchard (any flavor)

**Note:** WIC customers may purchase Single Serving Donald Duck Orange Juice **only** when listed on the food instrument.

### **DO NOT SELL**

#### 46 ounce cans/plastic bottles

- Tree Sweet Orange Juice
- Tree Sweet Grapefruit Juice
- Tree Top Apple Juice
- V8 Vegetable Juice
- Welch's Grape Juice
- Welch's White Grape Juice

#### 11.5-12 ounce frozen containers

- Minute Maid Orange Juice
- Tree Top Apple Juice
- Dole Pineapple Orange Juice
- Welch's Grape Juice
- Welch's White Grape Juice

## **EGGS**

### **WIC APPROVED**

ANY BRAND, LARGE, WHITE, DOZEN CARTON ONLY



## **MILK**

### **WIC APPROVED**

GALLONS ONLY, LEAST EXPENSIVE BRAND

- Skim or Fat Free
- 1% Low Fat
- 2% Reduced Fat
- Whole

HALF GALLONS AND QUARTS ONLY

MAY BE PURCHASED IN FAT FREE, 1% LOW FAT, 2% REDUCED FAT & WHOLE

- Lactose Free
- Low Lactose
- Lactose Reduced

## **DRIED BEANS/PEAS/LENTILS**

### **WIC APPROVED**

ANY BRAND, 1 POUND BULK OR 16 OUNCES PRE-PACKAGED

- Pinto Beans
- Red Kidney Beans
- Green Split Peas
- Great Northern Beans
- Black Beans
- Large Lima Beans
- Lentils

**Note:** Canned beans allowed **only** when listed on the food instrument

## **CHEESE**

### **WIC APPROVED**

ANY BRAND, 10-OUNCE PACKAGE OR LARGER, PLAIN, DOMESTIC, REGULAR,  
LOW FAT

- Monterey Jack
- Colby and Monterey Jack
- Colby
- Longhorn Colby
- Mozzarella
- Cheddar
- 100% Natural Mozzarella String Cheese

### **DO NOT SELL**

- Pasteurized Processed American
- Provolone
- Swiss
- Queso
- Sliced
- Shredded
- Cubed



## **PEANUT BUTTER**

### **WIC APPROVED**

ANY BRAND OF PLAIN, SMOOTH, OR CRUNCHY TYPES. 16 OR 18-OUNCE JARS

**Note:** Laura Scudder Reduced Fat Natural Peanut Butter is the only Low Fat Peanut Butter that is not a spread and may be purchased.

## **INFANT FORMULA**

### **WIC APPROVED**

ONLY BRAND, AMOUNT, AND TYPE PRINTED ON THE FOOD INSTRUMENT

## **INFANT CEREAL**

### **WIC APPROVED**

ANY BRAND, 8 OR 16-OUNCE BOXES ONLY

- Oatmeal
- Rice
- Barley

## **INFANT JUICE**

### **WIC APPROVED**

ANY BRAND, INDIVIDUAL CONTAINERS, FOUR (4) OR SIX (6) PACKS

- Orange Juice
- Apple Juice
- Pear Juice
- White Grape Juice

## **CARROTS**

### **WIC APPROVED**

ANY BRAND, PLAIN, FRESH, CANNED OR FROZEN

### **DO NOT SELL**

- Baby Carrots
- Freshly sliced
- Freshly Shredded

## **TUNA**

### **WIC APPROVED**

ANY BRAND, CHUNK LIGHT, WATER PACKED ONLY